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Cultural Identity Resources for Aboriginal & Torres Strait Islander Adults

We are all unique and have many distinct parts that help make up our identity. People will be at different levels regarding their connection to culture and should not feel shame about where they are at. The most important thing is for people to feel comfortable in their identity as an Indigenous person.

Cultural identity is an important protective factor for Aboriginal and Torres Strait Islander peoples.

A strong and positive cultural identity helps protect against adverse life experiences, including the ongoing impacts of colonisation, trauma and loss, racism, and discrimination.

- It helps buffer someone from mental health issues.
- It can also help people on their life journey and
- Provide a greater sense of **purpose, belonging, resilience, self-worth, and esteem** to improve life satisfaction.

For Indigenous people, cultural identity can be strengthened and maintained in many ways, such as:

- Participating in community cultural events
- Connecting with family, community, elders, and country
- Through listening to and sharing in storytelling
- Through language, song, dance, art, learning cultural skills such as weaving and cooking

For further information WellMob would encourage your client to speak to local elders and key Aboriginal and Torres Strait Islander services within your area.

These resources offer information and ideas that can help strengthen connection to culture and community.

We recommend providing these crisis numbers

13YARN: 13 92 76

Kids Help Line: 1800 55 1800

Suicide Call Back Service: 1300 659 467

Lifeline: 13 11 14

Beyond Blue: 1300 224 636



Videos

DADIRRI

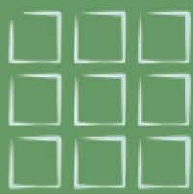
A video discussing Dadirri which draws upon the deep spring within us that asks us to be still, to wait and to listen.



Websites

HEALING FOUNDATION

A website that has many resources aiming to amplify the voices and lived experience of Stolen Generations survivors and their families.



Apps

STAY STRONG APP

This app helps you to assess the areas in your life where you feel strong and not so strong so you can set some healthy goals.



Audio

HEALING OUR WAY

A podcast exploring topics relating to intergenerational trauma, racism, identity, culture and healing.



Videos

CONNECTING TO YOUR CULTURE AND IDENTITY

A video of young people sharing stories about the importance of connecting to culture and identity.



Click here to connect to WellMob
for other resources
www.wellmob.org.au

